# metro

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Wednesday, January 10, 2018 metro.us | t: MetroPhilly | f: MetroPhilly

## HAVE FAITH IN FOLES

Nick Foles is confident and prepared to lead the Eagles. 14

'Marvel's Runaways' finale. 11

Feng shui your home for a new year. 13

True crime podcasters shed light on why people are obsessed with these earbud mysteries. 6-7

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## WELCOME TO METRO PHILLY

KRISTIN TOUSSAINT, REPORTER

HIV treatment has come a long way, but the medications only work if patients actually take them. Unfortunately, that's easier said than done. Now, researchers at Brigham and Women's Hospital and MIT have found a way to put a week's worth of medicine into one dose. It's like a pillbox in a capsule, researchers said, and it could help those both currently treating HIV and those taking medicine to prevent the virus. Read more on pages 8-9 and at **metro.us.**

## KEY TESTIMONY RELEASED IN TRUMP-RUSSIA PROBE

1 Sen. Dianne Feinstein (D-Calif.) on Tuesday released testimony from the founder of Fusion GPS, a strategic intelligence firm that, during the 2016 presidential election campaign, researched Donald Trump's ties to Russia and produced a dossier that has been denounced by the White House. The firm has been under attack by the White House and Republican lawmakers over the dossier, which is central to investigations in Congress and by special counsel Robert Mueller into allegations that Russia interfered in the election to help Trump win. "The innuendo and misinformation circulating about the transcript are part of a deeply troubling effort to undermine the investigation into potential collusion and obstruction of justice," said Sen. Feinstein. "The only way to set the record straight is to make the transcript public," she said in a statement.

## EX-SHERIFF JOE ARPAIO TO RUN FOR SENATE

2 Joe Arpaio, a former Arizona sheriff and a close ally of President Donald Trump, said on Tuesday he would run for the Senate to replace retiring Republican Sen. Jeff Flake."I am running for the U.S. Senate from the Great State of Arizona, for one unwavering reason: to support the agenda and policies of President Donald Trump in his mission to Make America Great Again," Arpaio said on Twitter. Arpaio was convicted last July of criminal contempt in a racial profiling case that highlighted tensions over U.S. immigration policy, but was pardoned by Trump the following month. A federal judge had ruled that Arpaio willfully violated a 2011 injunction barring his officers from detaining Latino drivers solely on the suspicion that they were in the county illegally.

5 THINGS YOU NEED TO KNOW

### CALIFORNIA MUDSLIDES

3 Mud fills a street after a rain-driven mudslide destroyed two cars and damaged property in a neighborhood under mandatory evacuation in Burbank, California, on Jan. 9, 2018. Mudslides unleashed by a ferocious storm demolished homes in Southern California, authorities said Tuesday. Thirteen people were reported killed, as of press time.

GETTY IMAGES

## TRUMP PUSHES BIPARTISAN IMMIGRATION DEAL

4 President Donald Trump said on Tuesday he would back a two-step immigration approach that initially protects young "Dreamer" immigrants from deportation if it includes immigration restrictions and provisions for a border wall with Mexico that Democrats have opposed. At a White House meeting of Republican and Democratic lawmakers, Trump said after the first phase was complete he wanted to move quickly to even more contentious issues including a possible pathway to citizenship for 11 million undocumented immigrants that is opposed by many Republicans. "If you want to take it that further step, I'll take the heat, I don't care," Trump told lawmakers of a broad immigration bill. "You are not that far away from comprehensive immigration reform."

## BANNON STEPS DOWN FROM BREITBART NEWS

5 Steve Bannon has stepped down as executive chairman of Breitbart News, the right-wing news organization said on its website on Tuesday, after the former White House chief strategist was quoted in a book criticizing President Donald Trump."Steve is a valued part of our legacy, and we will always be grateful for his contributions, and what he has helped us to accomplish," Breitbart chief executive Larry Solov said in a statement on the website.

# DA Krasner defends firings, saying, 'The coach gets to pick the team'

New Philadelphia DA Larry Krasner introduced five leaders who represent "new culture" at office.

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Days after some 33 prosecutors were asked to leave the Philadelphia district attorney's office, newly sworn-in DA Larry Krasner defended the decision and introduced some of the recent hires who represent the "new culture" he is trying to introduce.

"You have to see that the people in the office are consistent with the mission," Krasner said at a news conference on Tuesday. "The coach gets to pick the team."

Problems with the prosecutors who were asked to resign ranged from courtroom tactics and conduct to their "fundamental ideology," as Krasner put it. So what's the new ideology? The same messages Krasner pushed in his campaign, he said: "We're going to end mass incarceration. We're going to move the criminal justice system in the direction of justice for a society as a whole."

Krasner noted that other law enforcement offices have had similar or even greater shake-ups after an election. Ed Rendell fired 25 percent of the staff after being elected DA, and Krasner said Pennsylvania Attorney General Josh Shapiro booted 60 staff, including 40 attorneys, after being sworn in in 2017. Shapiro's office declined to comment on personnel matters.

New hires for key positions are still pending. But families caught up in the justice system are still fighting for the kind of justice Krasner promised during his campaign last year. Earlier on Tuesday, Philly woman Christine Riddick led a rally outside the DA's office to demand that Krasner address the case of her son Eric Riddick, who has served 26 years for a murder case and recently lost an appeal.

The state's Superior Court wrote in a Dec. 26 opinion that Riddick is probably innocent, but his conviction cannot be overturned "for no better reason than a poorly conceived statute."

While declining to comment on the specific case, Krasner said more staff changes and new policies for the conviction review unit are designed to address those types of concerns once they're fully in effect.

"The efforts made even before I was sworn in were made so we could move as quickly as possible toward having the right people in place in an office of 600 to do justice and be able to achieve the right outcome as quickly as possible," Krasner said.

**New faces in Krasner's office include:**

Interim supervisor of Victim Services Movita Johnson-Harrell, a social worker who has fought against gun violence through Heeding God's Call and the CHARLES Foundation, named after her son who lost his life to gun violence in a case of mistaken identity.

Chief of staff Arun Prabhakaran, formerly at the Urban Affairs Coalition, who may help the DA's office tap into grants for criminal justice reform, Krasner said.

Interim director of litigation Mike Lee, one of the founders of Philadelphia Lawyers for Social Equity, where he helped expand criminal record expungement.

Interim chief of the Homicide Unit Anthony Voci, a former Philly homicide prosecutor and private defense attorney who is returning to the DA's office.

Philadelphia DA Larry Krasner, second from right, speaks to the press along with, from left, chief of staff Arun Prabhakaran, interim chief of the Homicide Unit Anthony Voci and interim supervisor of Victim Services Movita Johnson-Harrell. SAM NEWHOUSE

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# Philly Customs finds 700 pounds of cocaine hidden in furniture

It's the biggest cocaine seizure in a decade at Philly's port, with an estimated street value of $22 million.

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How would you try to smuggle more than 700 pounds of coke into the United States?

Some try to hide the drugs inside cars. Others have concealed them in shipments of pumpkins and squash.

For a group of alleged smugglers in Puerto Rico, the solution was to ship pieces of cabinetry lined with bags of cocaine inside, while multiple shipments were going back and forth with the continental U.S. in the aftermath of Hurricanes Maria and Irma.

Unfortunately, that tactic didn't withstand the vigilant eye of U.S. Customs agents, who found a shipping container from the storm-ravaged island filled with bedroom and kitchen cabinets that had "false walls," concealing hundreds of bricks of uncut coke. The street value of the drugs is estimated to be around $22 million.

"Customs and Border Protection knows that transnational drug trafficking organizations will take advantage of natural disasters, and in this case an island struggling to recover from a crippling hurricane, to smuggle dangerous drugs to our nation's mainland," Joseph Martella, acting US Customs & Border Protection (CBP) director of the Port of Philadelphia, said in an announcement of the bust. "CBP officers remain ever vigilant to interdict narcotics loads, and we are pleased to have stopped this deadly poison shipment before it could hurt our communities."

Customs officials first publicly announced the bust on Jan. 8, but the coke was originally discovered on Nov. 2 when an "anomaly" was detected at the Pennsauken, New Jersey, seaport. The container was then sent to the Centralized Examination Station in Philadelphia for examination.

"Officers emptied the contents of the container, and after thorough inspection, discovered false walls in numerous pieces of furniture bedroom and kitchen cabinets. The false compartments concealed 256 bricks of a white powdery substance that field tested positive for cocaine," Customs said in a press release. The discovery of those drugs led to an investigation in Newark and Cherry Hill by Immigration & Customs Enforcement which remains pending.

Just weeks later, on Nov. 28, a wooden chest bound for Cinnaminson, New Jersey, from Puerto Rico was found to contain another 30 pounds of coke, or 13.56 kilos, with an estimated street value of $900,000.

CBP's mid-Atlantic field operations director Casey Owen Durst praised his agents' use of "imaging technology to detect and intercept an immense amount of cocaine cleverly concealed in a shipment of furniture" in these busts.

"Narcotics interdiction remains an enforcement priority for Customs and Border Protection, and a mission that we take very serious," Durst said.

Philadelphia's largest seizure was 864 pounds of cocaine concealed in a shipping container from the Dominican Republic, seized March 8, 2007.

It's the second notable bust of a shipment from Puerto Rico, after 386 pounds of cocaine were found hidden in the body of a pickup truck in July 2012.

In September 2017, local CBP agents seized 363 pounds of cocaine hidden inside boxes of pumpkin and squash from Costa Rica.

Customs says it typically picks up about 7,910 pounds of illicit drugs per day along U.S. borders.

## Coke seizure by the numbers

**321.64 kilos** Amount of coke found in November shipments from Puerto Rico, which is equal to **709** pounds.

**$22 million** Estimated street value of the seized cocaine. *Source: CBP*

Some of the bricks of cocaine concealed inside a cabinet that was discovered by Philly customs inside a shipment from Puerto Rico. COURTESY OF CBP

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# Another fallout of Hurricane Maria: A shortage of saline in mainland US hospitals

Factories in Puerto Rico still face production challenges almost four months after the hurricane.

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The United States Army Corps of Engineers announced Monday that they're sending more equipment and crews to the island of Puerto Rico to help get the country's aging infrastructure fixed after Hurricane Maria blasted the island in October.

According to The Associated Press, more than 40 percent of power customers in Puerto Rico remain without power after the Category 4 storm, including schools, homes — and even traffic lights.

Many factories on the island were also without power for an extended period of time, including those responsible for producing a large portion of the saline used in the United States. Baxter International Inc., one of the largest producers of saline for mainland U.S. hospitals, operates production plants in the country.

In November, the U.S. Food and Drug Administration announced that some "critical facilities" would be the first to receive power on the island. However, the FDA's drug shortage website still shows that demand exceeds supply due to "manufacturing interruptions and demand increase."

"A key area of focus for the FDA remains addressing the IV saline shortage, which has impacted patients, healthcare providers and hospitals," FDA Commissioner Scott Gottlieb, MD, said in announcement released late last week.

**How critical is the IV saline shortage?**

The good news, according to Gottlieb, is that Baxter went back to regular production after the holidays and "all the other companies that manufacture products that were on our initial list of drugs that we considered critical and at risk of potential shortages — because the drugs were largely or entirely manufactured in Puerto Rico — are now on the power grid."

Gottlieb added that the FDA expects the situation to improve throughout the first few months of 2018, though hospitals are left juggling what they have now in anticipation of a heavy flu season.

According to The Wall Street Journal, Massachusetts General Hospital in Boston now has nurses using the IV push method — the process where they inject a syringe directly into the catheter — to administer medication, a process that can take as long as 35 minutes. The hospital only has a one- to two-day supply of bags, according to the WSJ, when they typically have four to five days — a shortage that has the hospital considering a switch to glass bottles instead of the bags.

"Given the improvements we've seen over the last few weeks, I'm optimistic that supplies of IV saline and amino acids will increase over the next few weeks and the stress of the shortage will begin to abate, even if the shortages will not be fully resolved immediately," said Gottlieb.

"That said, the production situation in Puerto Rico remains fragile. As many risks and challenges remain and there are still shortages affecting patient care, we'll continue to take all possible steps to help improve shortage situations.

"A key area of focus for the FDA remains addressing the IV saline shortage, which has impacted patients, healthcare providers and hospitals," FDA Commissioner Scott Gottlieb said. GETTY IMAGES

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"Last Podcast on the Left" host Marcus Parks. STEVIE CHRIS

# The wild world of true-crime podcasts

Why people can't get enough of these real-life mystery stories.

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True-crime podcasts have become just as binge-able as anything these days.

Fanatical fans wait for new episodes of shows to be uploaded each day in order to get a closer glimpse into the world's dark underbelly. This format has redefined how investigative journalism is consumed and, in turn, has increased its popularity over the years, as it gives everyday people the chance to choose how and when they can join in on the cases.

Award-winning journalist Phoebe Judge has been a trailblazer in the world of true-crime podcasting ever since she started her wildly popular show "Criminal" in 2014. Around that time, the landscape was pretty empty for shows like hers.

"When we got into true-crime podcasting there really weren't any other true-crime shows," Judge said. "We were trying to find a topic that interested us but also a topic where we knew there were really rich stories."

Unlike other true-crime podcasts that tend to take people through every gruesome detail of history's most shocking cases, Judge and her team at "Criminal" chose to take a different route. With each episode, Judge hears stories from everyday people about their own bizarre encounters with criminal activity. Episodes run the gamut from intriguing to bone-chilling, week by week, and hit home with listeners who can relate.

"We always wanted to explore the boundaries of what this word 'crime' meant," said Judge. "It was exciting for us because we thought we could surprise people. We took the broadest definition of the word 'crime,' and that means some of the stories are funny! I think we have this idea that we need to pigeonhole true crime into this one category. Often times, that category is dark, sad, tragic and often times violent. We wanted to do the exact opposite."

And that's what makes true-crime podcasts like "Criminal" so engaging.

**10-15 PAGES**

**WHEN DISCUSSING THE SERIOUSNESS OF HIS SHOW, MARCUS PARKS CITES WRITING A 10-15 PAGE SCRIPT TO KEEP ONE OF HIS NARRATIVES ORGANIZED ALONG THE WAY.**

### Making the move from filmmaking to podcasting

Larry Brand had no expectations while he was writing his hit eight-part podcast series "Hollywood & Crime: Young Charlie" (on the Wondery network) about the early life of Charles Manson. But as both a screenwriter

Phoebe Judge, the host and co-creator of the "Criminal" podcast, listens to Lauren Spohrer, her co-creator of the podcast, after she records an ad for the show in a studio at WUNC in Chapel Hill, North Carolina, on June 22, 2017. JLEONARD@NEWSOBSERVER.COM

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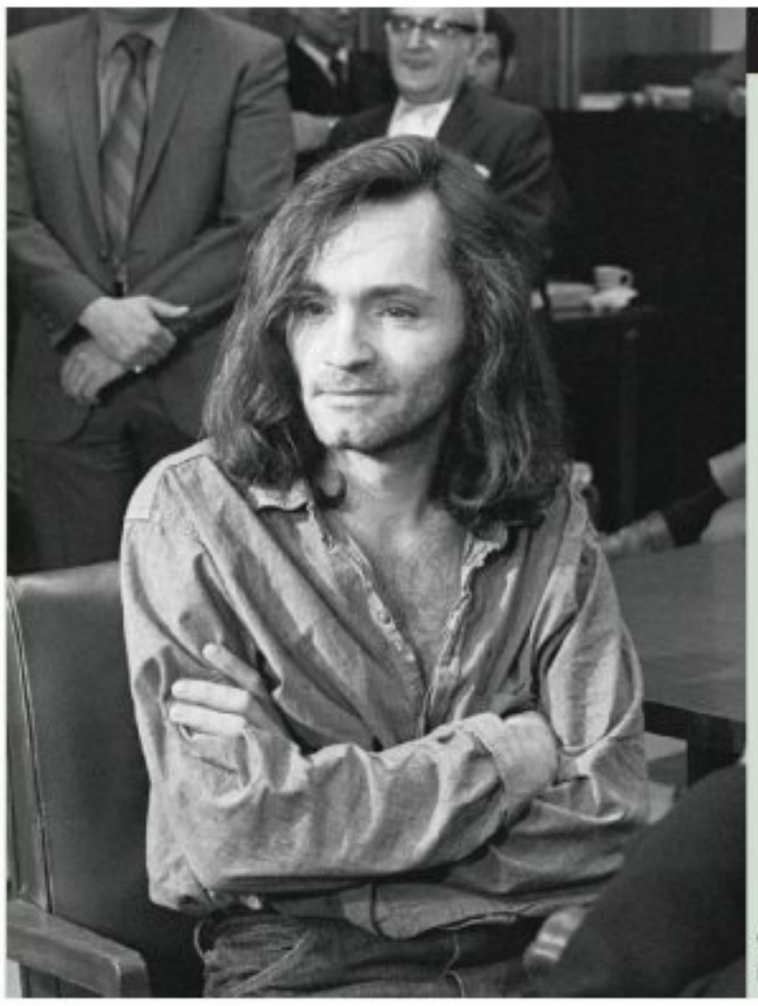

## YOUNG CHARLIE

"When you don't know what you can't do, it can be a real asset. ... When you don't know what you can't do, you just go do it. I didn't know how to make a podcast so I just did what I did and tried to make a movie for the ears. I didn't try to learn how to make a podcast, I just used what I know from the other field. Sometimes that can have a synergistic quality and sometimes it can just be a disaster!"

-Larry Brand, on writing his hit eight-part podcast series "Hollywood & Crime: Young Charlie"

Charles Manson, then 35, is pictured in court. GETTY IMAGES

and director in Hollywood for over 30 years, if Brand knew one thing while making the jump into true crime podcasting it was how to tell a story.

"When you don't know what you can't do, it can be a real asset," said Brand. "When you don't know what you can't do, you just go do it. I didn't know how to make a podcast so I just did what I did and tried to make a movie for the ears. I didn't try to learn how to make a podcast, I just used what I know from the other field. Sometimes that can have a synergistic quality and sometimes it can just be a disaster!"

The result was anything but, as "Young Charlie" was a huge hit right out of the gate. Its success was in part to the cinematic scope that Brand brought to the show. The story avoids taking a direct linear path as Brand made the choice to bounce back and forth between different eras of Manson's life to paint a larger picture of the infamous criminal. The show was hosted by Tracy Pattin with a portrayal of Manson played by actor Stephen Lang ("Avatar," "Don't Breathe").

"Every art form requires a frame. Whether it's a photograph or a painting, there's a physical actual literal frame or when it's a story it's a narrative frame. You are picking what you choose to say," explained Brand.

Brand was completely blown away by the positive reaction he received after trying his hand at true crime podcasting for the first time.

"I am pleasantly surprised that podcasts like this show do as well as they do," he said, "because we are so attuned to visual images. ... So why people can switch gears and get into these kinds of podcasts? It's something positive about the imagination that you can listen to something and evoke these images and let it carry you even though the next minute you could be going to see a big-budget blockbuster film."

### Finding the humor in the horror with "The Last Podcast on the Left"

On the other end of the true crime spectrum is the comedic yet intensely researched investigative podcast "Last Podcast on the Left." Hosted by comedians Henry Zebrowski, Ben Kissel and Marcus Parks, the show takes on some of history's most infamous serial killers and conspiracy theories and delves into the mysteries surrounding each story. In a completely hilarious way, of course.

It would be easy to not take this show as seriously as some of the other more grave podcasts in the genre, but the research that goes into each story can take weeks or months, depending on how in depth it goes. Some cases are given three to four episodes to tell fully, with Parks writing a 10- to 15-page script to keep the narrative straight along the way.

For Parks, it's all about finding the bizarre angle to a story that you would have never seen coming.

"Finding that really weird stuff almost happens on accident," explained Parks, "where you're looking for something else and then suddenly you'll stumble upon the guy who believes that the whole Robert Pickton [a notorious serial killer from Canada] thing was a secret Satanic plot involving the Prime Minister of Canada. When really all you are looking for is a list of victims so you can match up the dates with the names. It's great when those weird little accidents happen. ... Finding that odd twist to the whole thing that doesn't really make any sense but makes it fun. Those weird things that people believe about serial killers or conspiracy theories. It's all fun."

***"We always wanted to explore the boundaries of what this word 'crime' meant. It was exciting for us because we thought we could surprise people."***

Phoebe Judge

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# Boston researchers develop way to deliver a week's worth of HIV drugs in one dose

Researchers say this advance could help patients get the care they need.

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No matter the advances made in medicine, a pill will only be effective if you actually take it as directed — something that many patients struggle with. But what if you could take a week's worth of medicine in one dose?

Boston-area researchers have found a way to make that a reality for those treating and preventing HIV.

In a study published Tuesday, researchers at the Massachusetts Institute of Technology and Brigham and Women's Hospital detail their development of an oral, once-weekly "drug delivery system" for HIV that delivers a weekly dose of antiretroviral therapy — the drugs that prevent the growth of the virus — in one go.

It's a "pillbox in a capsule," as Giovanni Traverso, a senior study author, called it — and it may revolutionize HIV care.

Here's how it works: Researchers developed the capsule as a star shape that has six "arms," each of which can be loaded with a different drug. Those arms fold in and the entire capsule is encased in a coating so that it can be swallowed.

This system actually builds off of previous work in 2016 in which MIT researchers developed a capsule that could stay in the stomach for up to two weeks, gradually releasing malaria drugs.

Now, researchers have made adjustments to the materials of the capsule so that it can hold different types of drugs and release them at different intervals throughout a week. The capsule eventually disintegrates and leaves the body via the digestive tract.

**Why researchers focused on treating HIV**

"Up until a few years ago, most of the HIV medications needed to be taken multiple times a day, and at that time people came

What if you could take a week's worth of medication in one dose? Researchers at MIT and Brigham and Women's Hospital have found a way. COURTESY OF THE RESEARCHERS

out with single tablet regimen — patients now needed to take the medicine just once a day — and it was considered to be a huge advancement," said Ameya Kirtane, an MIT postdoc and one of the lead authors of the paper.

"[But] even with just once-daily medications, patients do not take their medication," he added. "So what we were looking at is what happens if you actually decrease the frequency of medications even further."

With this capsule, researchers predicted, the effectiveness of HIV treatment could increase by about 20 percent.

The researchers hope to develop once-weekly systems for even more conditions, from "neglected tropical diseases" to Alzheimer's, where patients can't remember their medicine, to diabetes and even heart disease.

## By the numbers

**3.8 billion** Prescriptions written annually in the United States, yet one in five are never filled. Of those filled, 50 percent of prescriptions are taken incorrectly — related to timing, dosage and frequency, according to the Centers for Disease Control and Prevention

**36.7 million** People worldwide living with HIV/AIDS at the end of 2016.

**1.8 million** People worldwide who were infected with HIV in 2016, or about 5,000 new infections per day.

**1 million** People who died from AIDS-related illnesses in 2016.

**35 million** Number of people who died from AIDS-related illnesses since the beginning of the epidemic.

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# the word

## Lena and Jack are splitsville

After five years of dating, Lena Dunham and Jack Antonoff have broken up. Color us not surprised!

Sources tell People that the split was amicable. The "Girls" creator and the Bleachers frontman met on a blind date, set up by Antonoff's sister, designer Rachel Antonoff, and comedian Mike Birbiglia in 2012.

We can think of pleeeeeenty of different reasons why the professionally problematic Dunham and Antonoff opted to settle comfortably into the town of Splitsville, USA. Take a walk with us down memory lane, won't you?

1. That time she compared Gawker and Jezebel to having an abusive husband.

247. That time she defended alleged rapist Murray Miller, because he's her friend, and victim blamed Aurora Perrineau.

3,903. That time she said, out loud, "I still haven't had an abortion, but I wish I had."

40,198. That time she got mad that Odell Beckham Jr. didn't want to throw a bone in her at the Met Gala.

592,391. That time she compared Bill Cosby's rape scandal to the Holocaust.

1,000,000. That time Dunham told Antonoff, "No one would be calling me a racist if they knew how badly I wanted to f— Drake," and he responded, "Don't say that in public" — but she still made it anecdotal to prove how "much" she's "grown."

So, yeah. Sounds about right.

Let's take a trip down memory lane, shall we?

## Bam Margera is going to rehab

Get well soon, my dude.

Remember Bam Margera? You know, the guy from "Jackass" and "Viva La Bam," shows you barely, if at all, remember? No? Well, he's going to rehab.

After a DUI arrest on Sunday, the 38-year-old's family rallied to get him the help he needed.

His mother, April, told Page Six that Margera feels a lot better, but is just really embarrassed. "He decided to go to rehab in LA so we're putting that program into place," she told the site. "He's mad at himself for being stupid," she continues. "Now he just wants to pick up the pieces and move forward for himself and his family."

The arrest was Margera's first DUI, but he recently admitted to struggling with alcohol and bulimia in the past. Even worse, his best friend, Ryan Dunn, was killed after getting behind the wheel after a night of drinking in 2011.

Get well soon, Bam. Who else is going to prank celebrities or do whatever it is you do? For real, man!

Well, kind of.

ALL PHOTOS GETTY IMAGES

## Gayle wants Oprah 2020 too, duh

Leave it to Gayle King — professional BFF to Oprah Winfrey — to fan the flames of Oprah 2020. Well, kind of.

On "CBS This Morning," King admitted that Winfrey is "intrigued" by the idea of running for president.

"I do think she's intrigued by the idea," King said. "I also know after years of watching the Oprah show, you always have a right to change your mind. I don't think at this point she is actually considering it."

King also offered some clarification to Stedman Graham's statement that Winfrey would "absolutely" run for president. "Stedman says that he thought the reporter said to him, 'Would she make a good president?' And he said, 'Absolutely she would.' That's how he interpreted the question," she said.

TL;DR? Don't get your hopes up. But maybe do? I don't know what you're into — but if your thing is billionaire TV stars for president, maybe hold your horses for a bit.

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# We want more 'Marvel's Runaways,' please

The action-packed finale answered a lot of questions. But it managed to ask some new, exciting ones, too.

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After 10 action-packed episodes that asked us to accept that guy from "Nip/Tuck" as an all-powerful, alien being, "Marvel's Runaways" is over. And with a finale that beautifully capped off the season, we're definitely looking forward to the next one.

Over the course of an hour, the episode flies through major plot points: after their first battle, the kids actually get around to running away. They're ready to abandon their lives and their parents, who put their lives in danger the very moment they started fraternizing with Jonah and his apparent psoriasis condition. Fortunately, they're also ready to come to terms with what, exactly that means.

Meanwhile, the finale manages to answer a lot of questions, satiating some of the mystery that's been built, sometimes clumsily, throughout the first season. Yes, Jonah is Karolina's father, and they have a Harry Potter versus Voldemort circa "Harry Potter and the Order of the Phoenix" magic-off. And yep: Not only was Leslie responsible for the death of Molly's parents, but she's inadvertently responsible for Amy's too (Leslie is rude AF).

Yes, Vaughn, the kids in their "disguises" can be aptly described as "weird kids in bad wigs" — except Nico (Lyrica Okana's performance this season, by the way, has been mesmerizing) who essentially just adds a lip ring to her goth ensemble. And yes, the dinosaur has a name: Old Lace. Not bad, if you think about it.

Of course, for every question answered, there are plenty more that crop up. Specifically, it seems more and more likely that Jonah is in cahoots with one of the kids — after all, who is he texting when he's lovingly caressing Frank's pseudo coffin? What, exactly is the living thing underground at the dig site? What is going on with this weird gang plot, and why is Alex getting involved? The episode also begs very important question: Who does Jonah's eyebrows? Can they stop?

But really: it'll be exciting to see those questions be answered in a second season of "Runaways." An even better prospect? Seeing how the teens' relationships continue to expand: as friends, romantic prospects and confidantes. And as they explore what it's like to be on the run — and what changes that means for their lives.

I'm betting it'll turn out great: Josh Schwartz and Stephanie Savage, the pair behind the likes of "The O.C" and "Gossip Girl," have done an impressive job bringing the comic book to the screen and infusing it with a familiar dose of teenage angst. Molly, perhaps, summed it up best: as far as being a teenager goes, the struggle is real.

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# Community Spotlight: MANNA

Making Philly a better place — one meal at a time.

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MANNA volunteers help prepare meals Monday through Friday throughout the year. ALL PHOTOS PROVIDED

If doing more volunteer work is one of your resolutions for 2018, an organization to consider being apart of is MANNA.

Founded in 1990 at the height of the AIDS crisis by seven members of the First Presbyterian Church, it began by delivering meals to Philadelphians battling AIDS.

"They believed that one needed to step outside of what was comfortable to effect change and they believed in the power of nourishment, letting the clients know they were not forgotten," says Sue Daugherty, the organization's CEO. "MANNA quickly grew out of that need and today we provide 'food as medicine' to clients battling all life-threatening illnesses."

Today, MANNA delivers meals to people with life-threatening illnesses like cancer, renal disease as well as HIV/AIDS, three times a day, seven days a week. In its new facility at 420 N. 20th St., MANNA will be able to deliver 2.5 million meals a year, but it wouldn't be possible without the help of volunteers.

"Volunteers are the heart of MANNA. Each year, over 4,200 caring neighbors chop, cook, dice and deliver meals — enabling MANNA to provide all meals and counseling at no charge to the client," Daugherty says.

So what makes this work so important? Daugherty believes MANNA is changing the healthcare landscape.

"The MANNA model combines medical nutrition therapy with medically appropriate home-delivered meals to support better health outcomes and significantly reduce costs for the health-care system by keeping patients in their homes rather than in hospitals or nursing homes," she says. "But it comes down to more than costs—food is a basic need. When MANNA provides meals, we help free the patient to focus on the task of getting better while providing the best fuel to do so. More than a simple meal, we provide nourishment and a sense of community at a time of need."

Sue Daugherty is the CEO of MANNA.

If you'd like to get involved with MANNA, all you have to do is fill out the online application and attend the volunteer orientation. There are shifts available Monday through Friday, beginning at 7 a.m., with three-hour shifts throughout the day.

"We also have several group shifts available each day. These are perfect for corporate or civic team-building," Daugherty adds. "We hope to see you in the kitchen soon!"

*For more information, visit: mannapa.org.*

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# How to feng shui your home for 2018

Clear some space and create good vibes for the new year.

KATE MOONEY
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Three ways to feng shui your home for the new year: fill it with plants, clear out bad vibes with white sage, get rid of clutter. ALL PHOTOS ISTOCK

Flirting with the idea of arbitrarily fixing your life because it's a new calendar year? Why not start with your living space? Exploring feng shui, the ancient Chinese philosophy and practice of reconfiguring your environment so it reflects your best self, could be a fun home project for the winter. You're spending most of your time inside anyway; might as well get some good vibes going. We asked certified feng shui expert Laura Cerrano how to get started.

## Declutter

Sorry, Marie Kondo did not invent the concept of tossing objects if they don't positively bring you joy. Cerrano explains that decluttering has been a cornerstone of feng shui since the craze first hit the U.S. in the 1970s. "Are the things you have in your home beneficial, or are they draining your focus?" According to Cerrano, objects can have negative energy that can make you tired and irritable. You don't need that in your life.

## Incorporate the five elements

One ordering principle of feng shui is to symbolically represent a balance of what's known as the five elements — water, wood, fire, metal and earth — in your home. Wood, which represents wealth and personal growth, can be expressed through plants. Water, associated with career, can be represented with a fountain. For fire, which stands for reputation and character, light candles or incorporate warm colors. Metal — communication and travel — can be achieved through a metal picture frame of a loved one, or a metal souvenir from a trip. For earth — tranquility — crystals do the trick.

## Clear space

Moving into a new home or moving on from a major life event, like a breakup? "Smudging" your home with white sage helps "clear out the physical, mental, emotional and spiritual energy that was left behind," says Cerrano.

Begin at the time of day when the sun is highest in the sky to capture its healing energy. Then, light a bundle of white sage and walk through your entire home with it, starting at the front door. Open a few windows to dispel bad energy and let in the new. Be sure to do it when you're in a good mood.

"When you do this type of ceremonial act, you're amplifying your aura," she explains.

If you can't get in the right mind-set, she recommends hiring a reiki practitioner, shaman or feng shui consultant to do the smudging for you.

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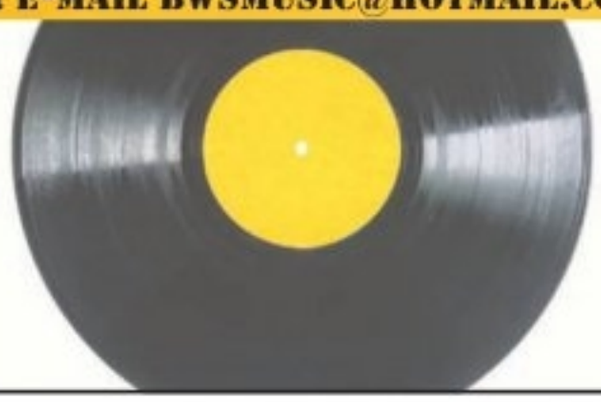

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# Foles critics can try, but won't shake confident Eagles QB

Nick Foles finds strength through Philly sports chaos, in family and seven-month-old daughter.

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Nick Foles has playoff experience, from 2013 against the Saints. GETTY IMAGES

Perhaps the most criticized man in Philadephia this week, both before and after Saturday afternoon's divisional playoff game between the Eagles and Falcons will be Nick Foles.

The one-time starter began the year as Carson Wentz's backup. Foles was forced to ascend to team leader when Wentz tore his ACL back in Week 13. And after throwing four touchdown passes in a comeback victory over the Giants in Week 15, Foles went 23-for-49 for 202 yards, two interceptions and just one touchdown over the ensuing two games.

Put another way — Foles has been inconsistent and his play of late has fans worried.

The chatter among fans, and NFL insiders (and Las Vegas, which handicapped the Eagles as the first No. 1 seed ever to be a home underdog to a 6-seed) has reached a fevered pitch but Foles tunes it out.

"I don't really answer texts or repond to calls right now," Foles said Tuesday. "I am really focused in."

Foles was on a roller coaster ride this season, and the hopes and dreams of a 13-3 team and its Super Bowl hungry fans rest in his hands. Thankfully, the Philadelphia pressure cooker has a release valve — Foles' family.

"We were here for a few days and got a lot of work in but we had a few days off and I got to spend time with my family," Foles said, referring to the bye week the Eagles had last week. "There is a reset button, there is reflection because there is a lot going on."

Foles famously threw an NFL record seven touchdown passes during his first stay in Philly in 2013. He compiled a 27-2 touchdown to interception ratio, won an NFC East crown and nearly led Philly to victory in its most recent playoff game, a loss to the Saints three years ago. Since then, he had a rocky stay in St. Louis and nearly retired before Andy Reid got him back as a No. 2 in Kansas City. And then everything changed last spring when he and his wife had a daughter.

"To me family is everything," Foles said. "I am fortunate to play this game now but my family will be there the rest of my life. They love me no matter what. No matter how I play, when I go home my wife always loves me and my daughter has no idea what's going on, she just smiles and makes noises."

With so much heat on the Eagles' players to overcome adversity once again against the Falcons, the time off last week was just what the doctor ordered as the Eagles start putting the pads back on and preparing for Saturday's 4:35 p.m. kickoff.

Foles' respite with his family may be the subtle influence that helps the 28-year-old find the strength and passion to lead the Eagles to victory.

"That's my life, family is my life," Foles said, tearing up a bit in front of media members. "I want to give everything I have and my family is there watching and supporting me. For me, having a daughter it's unreal. I go home every night and I see her and it puts life in perspective. She's almost seven months old but I want to go out there and play the best game of my life because my daughter is gonna know. She's alive."

# Eagles' Pederson does best Belichick impression, flaunts major confidence

Doug Pederson's leadership is key as Eagles prepare for Falcons.

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Eagles head coach Doug Pederson isn't particularly known for giving long-winded answers at press conferences. But he isn't from the smart-ass, Bill Belichick/Chip Kelly short-answer mold either.

Not normally.

But Tuesday, four days before his Eagles are scheduled to lace up and host the Falcons in his first playoff game in his current position, Pederson was short with reporters.

When asked what went through his mind upon learning Philly would be playing Atlanta, Pederson replied, "Got to get ready for the Falcons."

When asked what the plan was for rookie cornerback Sidney Jones, who made his NFL debut in Week 17 after missing most of the season recovering from ankle surgery, Pederson said, "Keep working every day."

And when he was asked about seeing another quick exit for his mentor Andy Reid with the Chiefs, Pederson said, "I was focused on the Falcons, man. I don't get into that, honestly."

Pederson seemed confident and laser focused on the task at hand, which is avoiding a one-and-done like the fate that befell Reid last weekend.

"My message to the team: We [have] a great opportunity," Pederson said. "Back's against the wall. Let's come out swinging and see what happens."

Back's against the wall? Well, the Eagles are the No. 1 seed and a home underdog for the first time in the NFL's wild card era. Most everyone is doubting the 13-3 Eagles, a team that sports one of the best run games and best defenses in football but will rely on a backup quarterback to lead them in the wake of Carson Wentz' knee injury last month.

"I think sometimes the outside, whether it be the media, the fans, can make it bigger than it really is," the coach said. "When you boil it down, it's football at the end of the day. Just go do your job. Do what you've been coached to do all week long and give it your best effort on Saturday. If it's good enough, great. If it's not, then we focus on next season."

Pederson is keeping a lot of details close to the chest - as he should. As a leading candidate for coach of the year, he is looking more and more like a veteran behind the scenes and has the Eagles players buying in as well.

*"We definitely had and have our work cut out for us this week."*

Eagles head coach Doug Pederson

Doug Pederson will coach his first playoff game Saturday. GETTY IMAGES

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Keeping Matt Ryan — and his slew of weapons, like Julio Jones — in check will be key to victory for the Eagles this weekend. GETTY IMAGES

# Falcons' Ryan has losing history in Philadelphia

The Falcons' star quarterback has won just once in four tries as a pro in his hometown.

EVAN MACY
@evan_macy
evan.macy@metro.us

You probably read it last winter, when Matt Ryan was leading the Falcons to a Super Bowl appearance — the Atlanta quarterback was born in Exton and went to William Penn Charter High School before playing for Boston College.

And you probably heard the generic quotes, with the former third overall pick telling ESPN: "It's always good to go back and play there, for sure. Obviously the family and friends, it's great to see them. But it doesn't matter where we go this time of the year. We're just excited to be going and just still have the opportunity to keep playing."

But Ryan hasn't fared particularly well at Lincoln Financial Field, the venue set to host his Falcons as they play the Eagles Saturday afternoon. Since entering the league in 2008, Ryan is 1-3 against the Eagles. The most recent setback came last year as the Falcons laid an egg in their worst loss of the season, a 24-15 setback. In the game, he had a 78.8 quarterback rating, his worst of an otherwise spectacular 2016 campaign.

For much more Eagles coverage, head to: metro.us

Prior to his lone bright spot, torching the Eagles in Andy Reid's final season in 2012, he lost games in 2010 and 2008, throwing three interceptions.

It's a small sample size, but something for Eagles fans to hang their hats on as they look to bring the noise in the first home playoff game in the city in four years.

"Our home games and road games, we're significantly better at home," Eagles defensive coordinator Jim Schwartz said. "That's why it was important for us to get home-field advantage. You take the travel out of the equation, it's tough on opponents when the fans are loud. I know our fans will be loud. It's tough on the opponents in a hostile environment, and that's what Philly is. That's what the Linc [Lincoln Financial Field] is. It's been a great home-field advantage for us over the course of the season, and it's not just the players on the field. The fans in the stands are going to mean an awful lot to coming out with a victory on Saturday."

The 12th man can play a big role in causing confusion for Ryan in a place he doesn't seem to enjoy playing.

But one can forget that while Ryan is typically thought of as a pocket passer, he does have the ability to make plays with his legs as well.

"He's good at feeling spots in the pocket and being able to step up and slide one way or slide another," Schwartz said. "He scrambled for a couple big first downs late this season."

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Unit Name Contents

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5127 Campbell, Yvette C Household, Furniture • 1092 Chase, Serita T Household, Furniture
3116 Cox, Letitia D Clothing, AC Units • 5077 Curbison, Achilles C Household, Clothing, Furniture
5085 Curbison, Achilles C Household, Clothing, Furniture • 5089 Curbison, Achilles C Household, Clothing, Furniture
5015 Forbes, Gabriel T Household, Furniture • 5228 Gambrell, Sharae Clothing, Bed, Boxes
3081C Morris, Leon Clothing • 3805 Mosley, Erie Household, Furniture • 4072 Peterson, Michelle D Furniture
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# metro.us/games

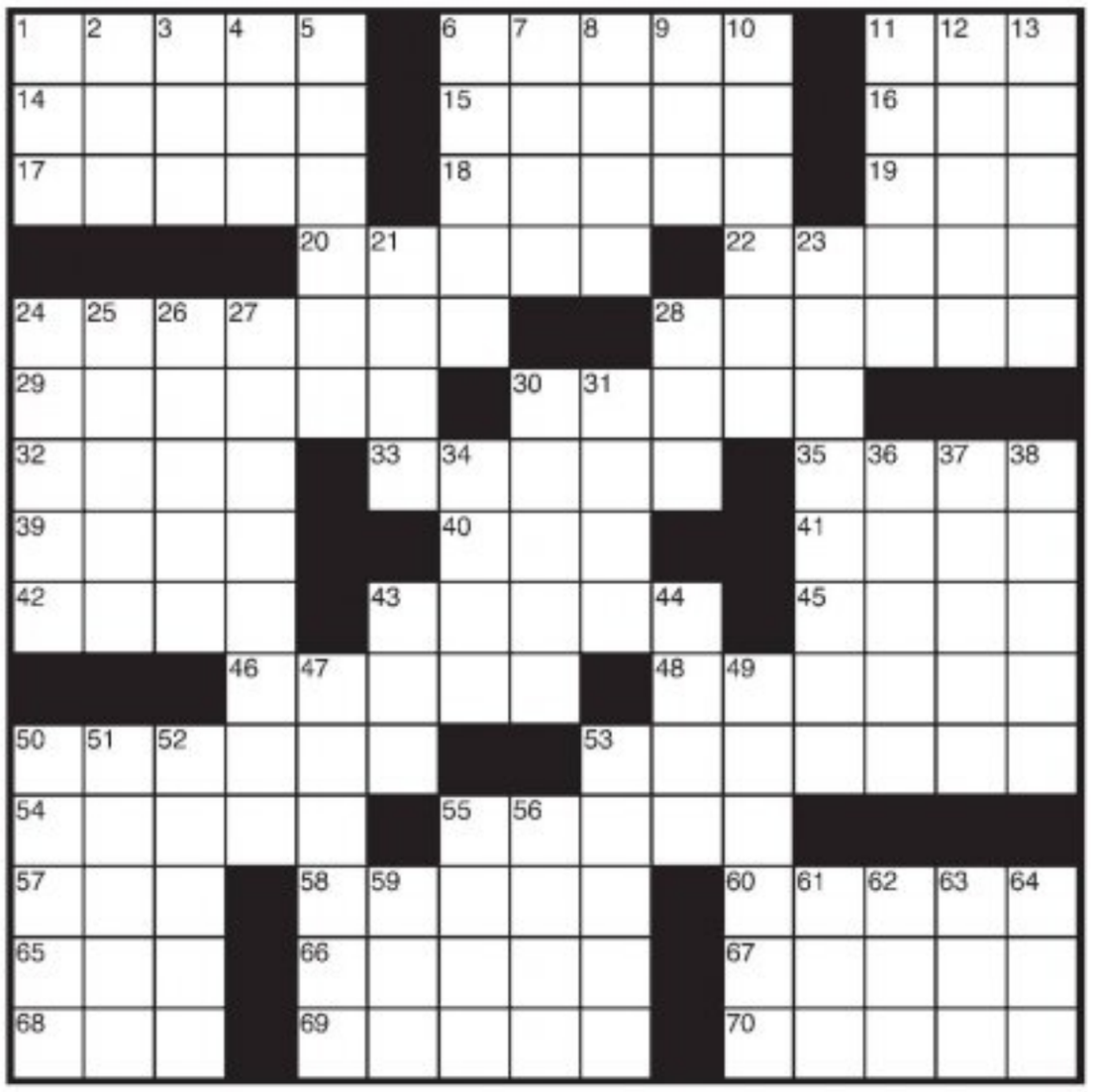
## metro.us/crossword

**Across**

1 Talk-show name
6 "In Xanadu did – Khan ..."
11 Whirlpool locale
14 Kentucky explorer
15 Asimov or Hayes
16 Cycle starter
17 Without a flaw
18 Cardiff natives
19 PC acronym
20 Ripple pattern
22 Ridiculous
24 Bites
28 Sounded like a cat
29 Invent
30 Landing places
32 Engine parts
33 Diva's performance
35 Snaky fish
39 Cornelia – Skinner
40 Tooth-puller's org.
41 Hoof-on-pavement sound
42 Sherpa's sighting
43 Spiral-horned antelope
45 Melville title
46 Lucy's sidekick
48 Actor -- Borgnine
50 Deletes data
53 Round objects
54 Coffee and steamed milk
55 Eccentric
57 "Green" prefix
58 Carnivore's delight (hyph.)
60 Shakes hands
65 Ring thing
66 Terre --, Ind.
67 "The King"
68 Fabric meas.
69 Organic compound
70 Trapshooting

**Down**

1 Sapporo sash
2 Bean hull
3 Fish-to-be
4 Miscellany
5 Gridiron gear
6 Fuzzy fruit
7 Net surfer
8 Hay bundle
9 Vegas lead-in
10 Sorer
11 Chaff
12 Facedown
13 Drew a bead on
21 Fridge stick
23 Rocket part (2 wds.)
24 "Star Trek" physician
25 Take the podium
26 Pay by mail
27 Most impudent
28 Drop -- -- line
30 Bike part
31 Where Tabriz is
34 Turn white
36 First name in glue
37 Baggy
38 Laundry problems
43 Codgers' queries
44 Part of LAPD
47 Grow canines
49 Jingles
50 Mournful poem
51 Went hotfoot
52 Element's units
53 Herd member
55 Prize fight
56 Penny --
59 -- -relief
61 Wapiti
62 Festive night
63 Extra inning cause
64 Mach 1 exceeder of yore



## metro.us/sudoku

**easy**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 6 | | | | 4 | | | |
| 1 | | | | | 6 | | 7 | 4 |
| | 9 | 7 | 1 | | | | 6 | |
| | | 9 | 3 | | | 4 | 8 | |
| 7 | | | | 1 | | | | 2 |
| | 4 | 3 | | | 9 | 6 | | |
| | 7 | | | | 1 | 9 | 3 | |
| 6 | 8 | | 2 | | | | | 5 |
| | | | 8 | | | | 2 | |

**hard**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 4 | | | 6 | | 7 | | 2 |
| | | | | 7 | 5 | | 9 | |
| | | | 2 | | | 6 | | |
| 7 | 5 | | | | 8 | 3 | | |
| 8 | | 6 | | | | 9 | | 1 |
| | | 9 | 3 | | | | 8 | 7 |
| | | 2 | | | 1 | | | |
| | 1 | | 5 | 8 | | | | |
| 3 | | 7 | | 4 | | | 1 | |

## metro.us/horoscopes

**Aries** Use your intelligence to navigate your way through any difficulties you face. Try not to let your opinions or emotions interfere with what you need to accomplish.

**Taurus** Partnerships should be your priority. Whether you are starting something new or revitalizing an established union, it's important to collaborate with an open mind.

**Gemini** You can rely on your intelligence to help you ward off bureaucratic problems that arise. Stick to the truth and offer unique solutions. Don't promise what you cannot deliver.

**Cancer** Take part in networking events while listening and sharing your thoughts. A conversation will lead to a potential partnership that will encourage you to use your skills.

**Leo** You'll be faced with unusual requests that could involve your finances, health or pending legal matters. Tread carefully when asked for information.

**Virgo** Make plans to do things with the people you love or those who inspire you. A personal change will lead to compliments and something to look forward to.

**Libra** Consider how you can improve the way you do your job. Taking a unique approach to whatever project you take on will separate you from the competition.

**Scorpio** Use charm and discuss your feelings to initiate a personal plan involving someone special. Bring about unusual changes to the way you do things.

**Sagittarius** An interesting concept may not be easy to produce. If you want to bring about change, go about it intelligently. Be a spokesperson for those without a voice.

**Capricorn** Be part of the solution, not the problem. Have your agenda set and be ready to take on whatever comes your way. You can make a difference.

**Aquarius** You are best off backing away from temptation and anyone trying to coerce you into something that isn't a good fit. Avoid dealing with institutions.

**Pisces** Get involved and network with people who can offer sage advice about money or legal matters. A gain is apparent if you take care of unfinished business. **EUGENIA LAST**

**Yesterday's answers**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| K | A | T | O | ■ | A | P | H | I | D | ■ | G | A | O | L |
| A | N | O | N | ■ | N | O | I | R | E | ■ | A | L | D | A |
| N | Y | S | E | ■ | G | I | V | E | R | ■ | L | O | O | T |
| E | A | S | I | E | R | ■ | E | N | A | B | L | E | R | S |
| ■ | ■ | ■ | D | C | I | I | ■ | E | I | R | E | ■ | ■ | ■ |
| P | A | L | A | C | E | S | ■ | ■ | L | A | R | D | E | R |
| O | L | E | ■ | E | S | S | E | S | ■ | S | Y | R | I | A |
| K | I | M | ■ | ■ | T | U | L | I | P | ■ | ■ | A | D | D |
| E | V | O | K | E | ■ | E | M | M | A | S | ■ | C | E | O |
| D | E | N | I | A | L | ■ | ■ | B | I | G | H | O | R | N |
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- ☐ Migraines
- ☐ Pain Crohn's
- ☐ PTSD
- ☐ Osteoarthritis
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